ALBERTA AUTHORIZED RESOURCE LIST and ANNOTATED BIBLIOGRAPHY

Career and Life Management (CALM)

Part I: Resource List
Part II: Annotated Bibliography
(alphabetical listing by title)

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Questions or concerns regarding this document can be addressed to the Director, Learning and Teaching Resources Branch, Alberta Learning. Telephone: 780–427–2984, Fax: 780–422–0576. To be connected toll free inside Alberta, dial 310–0000.

The primary intended audience for this document is:

Administrators	
Counsellors	
General Audience	
Parent School Councils	
Parents	
Students	
Teachers	✓

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OVERVIEW

Alberta Learning Authorized Resource Categories

This list of Career and Life Management resources, contains resources that have been authorized for use in Alberta schools. Alberta Learning selects and authorizes the best possible instructional materials for the implementation of approved programs of study. The resource authorization categories are **student basic**, **student support** or **authorized teaching**, and the status is noted for each resource.

> **Student Basic** learning resources are those student learning resources authorized by Alberta Learning as the most appropriate for addressing the majority of outcomes of the course(s) or substantial components of the course(s); or the most appropriate for meeting general outcomes across two or more grade levels.
>
> **Student Support** learning resources are those student learning resources authorized by Alberta Learning to assist in addressing some of the outcomes of the course(s) or components of the course(s); or to assist in meeting the outcomes across two or more grade levels.
>
> **Authorized Teaching** resources are those teaching resources identified as the best available resources to support the implementation of programs of study and courses; they may be teacher guides to accompany student resources or teacher professional resources. The authorized teaching guides are listed with the student resources.

The general outcomes are identified for each of the Career and Life Management resources in this list.

- General Outcome 1 – Personal Choices
- General Outcome 2 – Resource Choices
- General Outcome 3 – Career and Life Choices

Note:

Alberta Learning strongly recommends that teachers read all selections in the student resources and all activities in the teacher guides prior to using them with students. Careful consideration should be given to the sensitivities of both the student audience and the community.

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Annotated Bibliography

Annotations for these new CALM resources are included in alphabetical order by title in Part II. The annotations identify the theme(s), the resource addresses, a brief description of content, publisher, copyright date and purchasing information.

> **Note:**
>
> As additional new resources are authorized for CALM, their titles and annotations will be included in the next edition of this document.

Availability of Resources

Most of the new Alberta resources are available for purchase from:

Learning Resources Centre
12360 – 142 Street, Edmonton, AB T5L 4X9
Telephone: 780–427–5775
Fax: 780–422–9750
Internet: http://www.lrc.learning.gov.ab.ca

LRC order numbers and prices (as of the printing of this booklet) are included for each resource. The cost of resources is subject to change without notice. Those resources available for purchase directly from the vendors/distributors are so noted; a list of vendors is located at the end of the document.

Career and Life Management Guide to Implementation

The Career and Life Management Guide to Implementation was developed to assist teachers with implementation of the prescribed outcomes in the program of studies for Career and Life Management (2002).

Alberta Learning Information Service (ALIS) Web Site

The Alberta Learning Information Service (ALIS) Web site is Alberta's on-line source for career, learning and employment information. ALIS is a joint partnership of Alberta Human Resources and Employment (AHRE) and Alberta Learning and is an authorized resource.

The Web site address is www.alis.gov.ab.ca.

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ORGANIZATION OF THIS DOCUMENT

Part I: Resource List

Part I of the list of these resources is organized by Student Basic, Student Support and Authorized Teaching. The resources are identified by each of the general outcomes:

General Outcome 1 (GO 1) – Personal Choices
General Outcome 2 (GO 2) – Resource Choices
General Outcome 3 (GO 3) – Career and Life Choices

Part II: Annotated Bibliography (alphabetical listing by title)

Part II of this annotated resource list provides annotations of authorized Alberta learning and teaching resources to support the Career and Life Management program of studies.

Part II contains an alphabetical listing of the titles of Alberta authorized resources and includes the general outcomes and curriculum organizers for each resource, annotations and purchasing information.

Note:

The Alberta Learning Web site http://www.learning.gov.ab.ca/k_12/curriculum/bysubject/healthpls/ includes a listing of authorized Career and Life Management resources.

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CAREER AND LIFE MANAGEMENT OUTCOMES

The Career and Life Management Program of Studies was approved for provincial implementation in September 2002. The program of studies is available on the Alberta Learning Web site at http://www.learning.gov.ab.ca/k_12/curriculum/bySubject/healthpls/default.asp. The Career and Life Management Guide to Implementation is also available on the Alberta Learning Web site and available for purchase from the Learning Resources Centre.

The aim of senior high school Career and Life Management (CALM) is to enable students to make well-informed, considered decisions and choices in all aspects of their lives and to develop behaviours and attitudes that contribute to the well-being and respect of self and others, now and in the future.

General Outcome 1—PERSONAL CHOICES

Students will apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health—and the dynamic interplay of these factors—in managing personal well-being.

General Outcome 2—RESOURCE CHOICES

Students will make responsible decisions in the use of finances and other resources that reflect personal values and goals and demonstrate commitment to self and others.

General Outcome 3—CAREER AND LIFE CHOICES

Students will develop and apply processes for managing personal, lifelong career development.

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ALBERTA AUTHORIZED RESOURCE LIST

Part I: Resource List

CAREER AND LIFE MANAGEMENT

January 2004

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Career and Life Management

Student Basic Learning Resources

Please Note:
Additional resources are under review and will be added to this document as they are authorized.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
Student Basic Learning Resources				
Careers (Student Resource) *LifeChoices Series*	1998 / 2002	Pearson Education Canada	Basic ○ GO1 ○ GO2 ◉ GO3	LRC 467474 $20.95
Careers: Teacher Resource *LifeChoices Series*	1998	Pearson Education Canada	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	LRC 467482 $64.90
Healthy & Well (Student Resource) *LifeChoices Series*	1996 / 2002	Pearson Education Canada	Basic ◉ GO1 ○ GO2 ○ GO3	LRC 467490 $20.95
Note: This resource supports human sexuality outcomes.				
Healthy & Well: Teacher Resource *LifeChoices Series*	1996	Pearson Education Canada	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 467507 $64.90
Note: This resource supports human sexuality outcomes.				
Relationships (Student Resource) *LifeChoices Series*	1996 / 2002	Pearson Education Canada	Basic ◉ GO1 ○ GO2 ○ GO3	LRC 467515 $20.95
Note: This resource supports human sexuality outcomes.				
Relationships: Teacher Resource *LifeChoices Series*	1996	Pearson Education Canada	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 467523 $64.90
Note: This resource supports human sexuality outcomes.				
Venturing Out (Student Resource) *LifeChoices Series*	1997 / 2002	Pearson Education Canada	Basic ○ GO1 ◉ GO2 ○ GO3	LRC 467531 $20.95
Venturing Out: Teacher Resource *LifeChoices Series*	1998	Pearson Education Canada	Authorized Teaching ○ GO1 ◉ GO2 ○ GO3	LRC 467549 $64.90

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Student Support Learning Resources

Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
Student Support Learning Resources				
NEW Adolescent Problem Gambling (Video)	2000	Absolute Multimedia Incorporated (AMI)	Support ◉ GO1 ◉ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 2065401
NEW Adolescent Problem Gambling: Facilitator's Manual	2000	Absolute Multimedia Incorporated (AMI)	Authorized Teaching ◉ GO1 ◉ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 2065401
NEW Alberta Learning Information Service Web Site (ALIS) (http://www.alis.gov.ab.ca)	2003	Alberta Human Resources and Employment / Alberta Learning	Support ○ GO1 ◉ GO2 ◉ GO3	Vendor Direct (Web Site)
Career Cruising 2002: Career Advisor's Guide (includes: CD-ROM; User's Guide; Activities; Product Guide; Poster)	2002	Anaca Technologies Ltd.	Support ○ GO1 ○ GO2 ◉ GO3	Vendor Direct
Career Explorer (2002 Macintosh / Windows Version)	2002	Bridges.com	Support ○ GO1 ○ GO2 ◉ GO3	Vendor Direct
Career Futures (2002 Macintosh / Windows Version)	2002	Bridges.com	Support ○ GO1 ○ GO2 ◉ GO3	Vendor Direct
Charge It: Credit Card Secrets (includes Teacher's Guide)	2002	KineticVideoCom	Support ○ GO1 ◉ GO2 ○ GO3	LRC 483909 $150.80
Choices CT (2002 Macintosh / Windows Version)	2002	Bridges.com	Support ○ GO1 ○ GO2 ◉ GO3	Vendor Direct
College Smarts: The Survival and Success Guide for Canadian Students	1998	Careers Institute of Calgary	Support ○ GO1 ○ GO2 ◉ GO3	LRC 437823 $19.00
NEW Credit Card Cautions	2000	McIntyre Media Limited	Support ○ GO1 ◉ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 2065301

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Student Support Learning Resources (continued)

Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
NEW Dying to Work: Update *W5 Series Series*	2000	Magic Lantern Communications Ltd.	Support ○ GO1 ○ GO2 ◉ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 2065201
Expanding Your Horizons: Career Development Guide (2nd ed.) (Student Text)	1999	McGraw-Hill Ryerson Ltd.	Support ○ GO1 ○ GO2 ◉ GO3	LRC 390831 $40.85
Expanding Your Horizons: Career Development Guide (2nd ed.): Teacher's Resource	1999	McGraw-Hill Ryerson Ltd.	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	LRC 390849 $66.25
Exploring Your Horizons: Career and Personal Planning (Student Book)	1998	McGraw-Hill Ryerson Ltd.	Support ○ GO1 ○ GO2 ◉ GO3	LRC 440917 $36.70
Exploring Your Horizons: Career and Personal Planning: Teacher's Resource	1998	McGraw-Hill Ryerson Ltd.	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	LRC 440925 $72.90
Great Careers for People Interested in Sports & Fitness	1994	WEIGL Educational Publishers Limited	Support ○ GO1 ○ GO2 ◉ GO3	LRC 410564 $14.55
Harassment and What You Can Do About It (Video and User's Guide) ***Note: This resource supports human sexuality outcomes.***	1999	Alberta Civil Liberties Research Centre	Support ◉ GO1 ○ GO2 ◉ GO3	LRC 464826 $25.75
Horizons 2000+ Career Studies (Student Text) *Career Collection Series*	2000	McGraw-Hill Ryerson Ltd.	Support ○ GO1 ○ GO2 ◉ GO3	LRC 474932 $35.30
Horizons 2000+ Career Studies: Teacher's Resource *Career Collection Series*	2000	McGraw-Hill Ryerson Ltd.	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	LRC 474940 $88.35
Investing in Your Future (Student Booklet)	2001	Investor Learning Centre of Canada (ILC)	Support ○ GO1 ◉ GO2 ○ GO3	Vendor Direct (Available Free of Charge)
Investing in Your Future: Teacher Resource	2001	Investor Learning Centre of Canada (ILC)	Authorized Teaching ○ GO1 ◉ GO2 ○ GO3	Vendor Direct (Available Free of Charge)
Job Seeker's Handbook: An Introductory Guide to Finding Work (Revised January 2002)	2002	Learning Resources Centre (LRC)	Support ○ GO1 ○ GO2 ◉ GO3	Vendor Direct (Available Free of Charge) 462086

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Student Support Learning Resources (continued)

	Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
NEW	Job Smart: Tips for Staying Employed	2003	Learning Resources Centre (LRC)	Support ○ GO1 ○ GO2 ◉ GO3	LRC (Available Free of Charge) 505240
	Lasting Gifts: Parents, Teens and the Career Journey	1995	Alberta Human Resources and Employment (AHRE) - Career and Workplace Resources	Support ◉ GO1 ○ GO2 ◉ GO3	LRC (Available Free of Charge) 306854
	Living with Alcohol *You, Me & the Kids: The Teen Years Series*		Filmwest Associates Distribution Ltd.	Support ◉ GO1 ○ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 20306-40
NEW	The Long Walk ***Note: This resource supports human sexuality outcomes.***	1998	National Film Board	Support ◉ GO1 ○ GO2 ○ GO3	LRC 521337 $58.40
	A Love That Kills	1999	National Film Board	Support ◉ GO1 ○ GO2 ○ GO3	LRC 472069 $58.40
	Make School Work for You: Student Resource for Grades 7 - 12	2001	Learning Resources Centre (LRC)	Support ◉ GO1 ○ GO2 ○ GO3	LRC 461426 $5.85
	Make School Work for You: Teacher Implementation Guide	2001	Learning Resources Centre (LRC)	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 461434 $4.75
NEW	Making Sense of Labour Market Information	2003	Learning Resources Centre (LRC)	Support ○ GO1 ○ GO2 ◉ GO3	LRC (Available Free of Charge) 505258
	Mastering the College Experience Series Charting Your Course; Communication; Thinking Creatively; Thinking Critically	2000	Magic Lantern Communications Ltd.	Support ◉ GO1 ◉ GO2 ○ GO3	LRC Charting Your Course 519738 $57.30 Communication 519746 $57.30 Thinking Creatively 519754 $57.30 Thinking Critically 519762 $57.30
NEW	Money 101: Budgeting Basics for Further Education	2003	Alberta Human Resources and Employment (AHRE)	Support ○ GO1 ◉ GO2 ○ GO3	LRC (Available Free of Charge) 359035

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Student Support Learning Resources (continued)

Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
Money Management *You, Me & the Kids: The Teen Years Series*		Filmwest Associates Distribution Ltd.	Support ○ GO1 ◉ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 20306-48
Money & Values: What is Wealth?	2000	KineticVideoCom	Support ○ GO1 ◉ GO2 ○ GO3	LRC 483917 $150.80
Multiple Choices: Planning Your Career for the 21st Century	1999	Alberta Human Resources and Employment (AHRE) - Career and Workplace Resources	Support ◉ GO1 ○ GO2 ◉ GO3	LRC (Available Free of Charge) 359069
Mutual Mania: The Mutual Fund Investment Game (Game)	1997	Competitive Edge Enterprises Inc.	Support ○ GO1 ◉ GO2 ○ GO3	LRC 466731 $33.90
Mutual Mania: The Mutual Fund Investment Game: Teaching Guide (Canadian Version)	1998	Competitive Edge Enterprises Inc.	Authorized Teaching ○ GO1 ◉ GO2 ○ GO3	LRC 466749 $11.00
Nelson Career Studies 10 (Student Text)	2001	Nelson Thomson Learning	Support ◉ GO1 ○ GO2 ◉ GO3	LRC 464660 $37.30
Nelson Career Studies 10: Teacher's Resource	2001	Nelson Thomson Learning	Authorized Teaching ◉ GO1 ○ GO2 ◉ GO3	LRC 464686 $189.40
Out in the World *You, Me & the Kids: The Teen Years Series* ***Note: This resource supports human sexuality outcomes.***		Filmwest Associates Distribution Ltd.	Support ◉ GO1 ○ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 20306-23
A Penny Saved: How to Grow Money	2000	KineticVideoCom	Support ○ GO1 ◉ GO2 ○ GO3	LRC 483933 $150.80
Rave On *You, Me & the Kids: The Teen Years Series*		Filmwest Associates Distribution Ltd.	Support ◉ GO1 ○ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 20306-39
Remembering Tom: Coping with Youth Suicide	1999	National Film Board	Support ◉ GO1 ○ GO2 ○ GO3	LRC 521270 $58.40

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Student Support Learning Resources (continued)

Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
The Roommate; Jobs, Jobs, Jobs; The Loan *Room for Five Series*	2001	ACCESS–The Education Station	Support ◉ GO1 ◉ GO2 ◉ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 397001; 397002; 397003
Room for Five: Teacher Guide *Room for Five Series*	2001	ACCESS–The Education Station	Authorized Teaching ◉ GO1 ◉ GO2 ◉ GO3	ACCESS–The Education Station $10.50
Shaping Your Future (Student Text)	2000	McGraw-Hill Ryerson Ltd.	Support ◉ GO1 ○ GO2 ◉ GO3	LRC 454017 $61.75
Shaping Your Future: Teacher's Annotated Edition	2000	McGraw-Hill Ryerson Ltd.	Authorized Teaching ◉ GO1 ○ GO2 ◉ GO3	LRC 454033 $85.80
Skills Plus Handbook: Discovering Your Personal Career Assets	1999	Alberta Human Resources and Employment (AHRE) - Career and Workplace Resources	Support ○ GO1 ○ GO2 ◉ GO3	LRC (Available Free of Charge) 378142
STD: Taking Care of Yourself and Others	2000	Alberta Health - Disease Control and Prevention	Support ◉ GO1 ○ GO2 ○ GO3	Vendor Direct
Note: This resource supports human sexuality outcomes.				
STD: Teaching Outline and Resource Guide	2000	Alberta Health - Disease Control and Prevention	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	Vendor Direct
Note: This resource supports human sexuality outcomes.				
Steroid and Body Image Kit	(1996)	Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES)	Support ◉ GO1 ○ GO2 ○ GO3	LRC 400937 $6.00
Steroids: Bulking Up Can Kill	1998	Canadian Learning Company Inc.	Support ◉ GO1 ○ GO2 ○ GO3	LRC 399073 $70.10
Straight Goods on Drugs and Alcohol	1994	AADAC Resource Development and Marketing	Support ◉ GO1 ○ GO2 ○ GO3	Vendor Direct
Straight Goods for Girls on Drugs and Alcohol	1999	AADAC Resource Development and Marketing	Support ◉ GO1 ○ GO2 ○ GO3	Vendor Direct

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Student Support Learning Resources (continued)

Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
Street Cents: A Guide to Funding Your Education		Alberta Learning, Learner Assistance	Support ○ GO1 ◉ GO2 ◉ GO3	Vendor Direct (Available Free of Charge)
Student Learning: Career Planner (Senior High School) *Career Plan-It Series*	2000	Learning Resources Centre (LRC)	Support ○ GO1 ○ GO2 ◉ GO3	LRC 440511 (Pkg. of 35) $14.15
Student Learning: Career Planner Information Booklet (Middle / Junior High School / Senior High School) *Career Plan-It Series*	2000	Learning Resources Centre (LRC)	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	LRC 437576 $3.10
Suicide *You, Me & the Kids: The Teen Years Series*		Filmwest Associates Distribution Ltd.	Support ◉ GO1 ○ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 20306-35
Suicide Prevention *You, Me & the Kids: The Teen Years Series*		Filmwest Associates Distribution Ltd.	Support ◉ GO1 ○ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 20306-36
Surviving Death: Stories of Grief	1998	National Film Board	Support ◉ GO1 ○ GO2 ○ GO3	LRC 480591 $58.40
Teen Sex: Reality Strikes Back ***Note: This resource supports human sexuality outcomes.***	2002	Winfield House Publishing	Support ◉ GO1 ○ GO2 ○ GO3	LRC 514506 $29.20
Tough Guise (Video) ***Note: This resource supports human sexuality outcomes.***		KineticVideoCom	Support ◉ GO1 ○ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 20313-01
Trade Up! Careers in Construction: What's in the Construction Industry for Me? Teacher Guide	2000	Alberta Home Builders' Association	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	Vendor Direct
Trade Up!: Careers in Construction: What's in the Construction Industry for Me? (Windows / Macintosh Version CD-ROM)	2000	Alberta Home Builders' Association	Support ○ GO1 ○ GO2 ◉ GO3	Vendor Direct
User Friendly Budgeting	1998	KineticVideoCom	Support ○ GO1 ◉ GO2 ○ GO3	LRC 483925 $150.80

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Student Support Learning Resources (continued)

Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
Volunteering: How to Build Your Career by Helping Others	1998	Alberta Human Resources and Employment (AHRE) - Career and Workplace Resources	Support ○ GO1 ○ GO2 ◉ GO3	LRC (Available Free of Charge) 359308
Volunteering Works! Be Part of Shaping Your Future	1999	Volunteer Canada / Bénévoles Canada	Support ○ GO1 ○ GO2 ◉ GO3	Vendor Direct
What's Next? Planning and Financing Your Post-Secondary Education	2001	Alberta Learning, Learner Assistance	Support ○ GO1 ◉ GO2 ◉ GO3	Vendor Direct
Wheels *You, Me & the Kids: The Teen Years Series*		Filmwest Associates Distribution Ltd.	Support ◉ GO1 ○ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 20306-03
When I Say Stop, I Mean Stop! *Real People Series* ***Note: This resource supports human sexuality outcomes.***	1999	Sunburst Communications Inc.	Support ◉ GO1 ○ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 2060001
When the Talking Stops *You, Me & the Kids: The Teen Years Series*		Filmwest Associates Distribution Ltd.	Support ◉ GO1 ○ GO2 ○ GO3	ACCESS–The Education Station / Regional Resource and Urban Media Centres 20306-51
NEW X-TREME SAFETY: Survival Tips for Rookies in the Workplace	2001	Alberta Human Resources and Employment (AHRE)	Support ◉ GO1 ○ GO2 ◉ GO3	LRC (Available Free of Charge) 454992

Career and Life Management
Authorized Teaching Resources

Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
Authorized Teaching Resources				
Abstinence (Teacher / Student Resource) *Choosing Health High School Series* ***Note: This resource supports human sexuality outcomes.***	1997	ETR Associates	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 465436 $48.95
The Alberta Framework of Essential Competencies for Working, Learning and Living: Action Planner	(2001)	Learning Resources Centre (LRC)	Authorized Teaching ◉ GO1 ◉ GO2 ◉ GO3	LRC 461799 $10.00
The Alberta Framework of Essential Competencies for Working, Learning and Living: Framework	(2001)	Learning Resources Centre (LRC)	Authorized Teaching ◉ GO1 ◉ GO2 ◉ GO3	LRC 461799 $10.00
NEW Becoming a Master Student (Canadian 3rd Ed.)	2000	Nelson Thomson Learning	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 534778 $52.65
Birth Control Methods: Facts and Figures ***Note: This resource supports human sexuality outcomes.***	1998	Capital Health Community Health Promotion and Preventive Services	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 455198 $23.40
Body Image Resource Collection (Kit) (Grades 10 - 12) *Body Image Resource Collection Series*	2001	Alberta Mental Health Board - Body Images Project	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	Available through the 17 Regional Health and Mental Health centres in Alberta.
Building Better Career Futures: Backgrounder *Building Better Career Futures Series*	1998	Canadian Career Development Foundation (CCDF)	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	LRC 464975 $21.95
Building Better Career Futures: Facilitator Guide *Building Better Career Futures Series*	1998	Canadian Career Development Foundation (CCDF)	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	LRC 464983 $35.10
Building Better Career Futures: Portfolio Builder *Building Better Career Futures Series*	1998	Canadian Career Development Foundation (CCDF)	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	LRC 464991 $9.50
The Canadian Active Living Challenge: Leader's Resource Tool Kit: Program 4: Ages 15 to 18	1994	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 408931 $34.50

Career and Life Management

Authorized Teaching Resources (continued)

	Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
	Canadian Consumer Handbook (CD-ROM Version, Print Version)	2001	Industry Canada - Information Distribution Centre	Authorized Teaching ○ GO1 ◉ GO2 ○ GO3	Vendor Direct (Available Free of Charge)
NEW	Career and Life Management: Guide to Implementation	2002	Alberta Learning – Learning and Teaching Resources Branch	Authorized Teaching ◉ GO1 ◉ GO2 ◉ GO3	LRC 475972 $11.60
	Note: This resource supports human sexuality outcomes.				
	Choices & Decisions: Taking Charge of Your Financial Life (Educator's Kit)	2000	Visa Canada Corporation - Consumer Education	Authorized Teaching ○ GO1 ◉ GO2 ◉ GO3	Vendor Direct (Available Free of Charge)
NEW	Choices for Positive Youth Relationships Instructional Guide (includes video "A Love That Kills")	2002	SPEERS Society	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 520826 $87.70
	Developing your Employability Skills Toolkit for the Self-Managing Learner	2000	McGraw-Hill Ryerson Ltd.	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	LRC 459257 $92.75
	Every Body Is a Somebody: Facilitator's Guide	1997	Calgary Regional Health Authority (CRHA) - Body Images Project	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 454257 $37.45
	Note: This resource supports human sexuality outcomes.				
	50 Activities for Teaching Emotional Intelligence: Level III: High School *50 Activities for Teaching Emotional Intelligence Series*	1999	Monarch Books of Canada	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 439374 $33.65
	The First Step... Student Safety Handbook; The First Step... Student Safety Awareness Course (CD-ROM) *The First Step Series*	2002	London Occupational Safety and Health Information Service	Authorized Teaching ◉ GO1 ○ GO2 ◉ GO3	LRC 485658 $23.40
	The Get Real Game: Facilitator's Kit: Grades 11/12 *Real Game Series Series*	2001	National Life/Work Centre, Memramcook Institute	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	LRC 464735 $81.85
	Individual and Family Living in Canada: Teacher's Resource Guide (Catholic Edition)	2002	Nelson Thomson Learning	Authorized Teaching ◉ GO1 ◉ GO2 ○ GO3	LRC 483818 $173.55
	Individual and Family Living in Canada: Teacher's Resource Guide (Non-Catholic Edition)	2002	Nelson Thomson Learning	Authorized Teaching ◉ GO1 ◉ GO2 ○ GO3	LRC 515322 $173.55
	The Keg Party (includes Video and Teacher's Resource Book) ***Note: This resource supports human sexuality outcomes.***	2001	McIntyre Media Limited	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 468365 $232.65

Career and Life Management

Authorized Teaching Resources (continued)

Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
Liking the Me I See in the Mirror: An Educational Resource Manual for Teachers on Body Image and Self-esteem	2001	Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 458142 $40.95
Note: This resource supports human sexuality outcomes.				
Liking the Me I See in the Mirror: A Family Workbook for Parents and Their Children on Building Body Friendly Homes	2001	Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 458150 $10.00
Note: This resource supports human sexuality outcomes.				
Lions-Quest: Skills for Action 7 (Kit)	1995	Lions-Quest Canada	Authorized Teaching ◉ GO1 ◉ GO2 ◉ GO3	Vendor Direct
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility	1999	Lions-Quest Canada	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	Vendor Direct
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility: Curriculum Manual	2000	Lions-Quest Canada	Authorized Teaching ◉ GO1 ◉ GO2 ◉ GO3	Vendor Direct
Nutrition File™ for Teens: Building Better Bones through Good Nutrition	2000	Dairy Nutrition Council of Alberta	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 441238 $21.05
School Partnership Program Youth Transition Initiative: Pick-Up & Go Kits: A Comprehensive Set of Career Development Lesson Plans		Alberta Human Resources and Employment (AHRE)	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	Vendor Direct
Sexuality and Relationships *Choosing Health High School Series* ***Note: This resource supports human sexuality outcomes.***	1997	ETR Associates	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 465428 $48.95
Step by Step to Involving Parents in Health Education	1996	ETR Associates	Authorized Teaching ◉ GO1 ◉ GO2 ○ GO3	Out-of-Print
Teaching for the Prevention of Fetal Alcohol Spectrum Disorder (FASD): Grades 1–12: A Resource for Teachers of Health and Life Skills, and Career and Life Management	2002	Alberta Learning/Alberta Partnership on Fetal Alcohol Syndrome	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 467747 $11.70
Teen Awareness / Sexual Harassment: What Is It and What to Do (Revised) (Video and Teacher's Guide) ***Note: This resource supports human sexuality outcomes.***	1999	Marlin Motion Pictures Ltd.	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	LRC 455172 $70.10
Volunteering Works! A Facilitator's Guide to Youth Volunteeering	1999	Volunteer Canada / Bénévoles Canada	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	Vendor Direct

Career and Life Management

Authorized Teaching Resources (continued)

Series / Title	Copyright Date	Distributor	Status / General Outcome(s)	Supplier / Order No. / Price
Volunteering Works! A Parent's Guide to Youth Volunteering	1999	Volunteer Canada / Bénévoles Canada	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	Vendor Direct
Volunteering Works! Volunteering Shapes Futures... Like Yours (Poster)	1999	Volunteer Canada / Bénévoles Canada	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	Vendor Direct
Wellness: A Question of Balance: Teaching Kit	2000	SMC Educational Products and Services	Authorized Teaching ◉ GO1 ○ GO2 ○ GO3	Out-of-Print 464818
Note: This resource supports human sexuality outcomes.				
Your Best Bet: When Young People Gamble: An Early Intervention Resource	2001	AADAC Resource Development and Marketing	Authorized Teaching ○ GO1 ◉ GO2 ○ GO3	Vendor Direct
Youth Outlooks: Your Window on the World of Work (National Edition)		Human Resources Development Canada	Authorized Teaching ○ GO1 ○ GO2 ◉ GO3	Vendor Direct

ALBERTA ANNOTATED BIBLIOGRAPHY

Part II: Annotated Bibliography (alphabetical listing by title)

CAREER AND LIFE MANAGEMENT

January 2004

Part II: Annotated Bibliography (alphabetical listing)

LRC Order No.: 465436 Est. Price: $48.95

Abstinence (Teacher / Student Resource)

Choosing Health High School Series

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
	✓		✓					

This resource focuses on four themes related to sexual activity and abstinence: sexuality and myths, different types of pressure, risks and decisions, and communication. For each theme, the text provides information, teaching strategies and student activities. The material is presented in lesson form. Blackline masters and a final evaluation project are also included in the resource.

Cautions:

- This resource supports human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 1997 **Author(s):** White, J.

Adolescent Problem Gambling (Video and Facilitator's Manual)

Support / Authorized Teaching Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 2065401

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓	✓	✓			

This 51-minute video facilities the discussion of gambling issues and provides an opportunity to identify healthy options. Scenarios, interviews with gamblers, and comments from a gambling researcher offer insight into this emerging social issue. The guide contains an overview of gambling, key discussion points and questions. The topics addressed are: why do people gamble, characteristics of adolescent gamblers, consequences of gambling, and interventions with adolescent gamblers.

Cautions:

- This resource contains some coarse language that may be considered inappropriate in some communities.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 2000 **Author(s):** Smith, H. G.

LRC Order No.: 461799 Est. Price: $10.00

The Alberta Framework of Essential Competencies for Working, Learning and Living: Action Planner and Framework

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓		✓		✓	✓	✓	✓	✓

This career planning resource assists teachers in the assessment and identification of essential competencies for success in learning, work, and everyday living environments. The "Framework" is a series of portfolios detailing individual competencies, each with five levels of performance indicators. It is intended for use with the "Action Planner," a teacher resource guide providing student activities for each essential competency.

© (2001)

Alberta Learning Information Service Web Site (ALIS) (http://www.alis.gov.ab.ca)

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓		✓		✓		✓	✓	✓

ALIS (Alberta Learning Information Service) web site is Alberta's on-line source for information and services related to careers, learning and employment. It is provided through a partnership by Alberta Learning and Alberta Human Resources and Employment. Key features include information and services on career planning, scholarships, students finance, occupational profiles and employment opportunities.

© 2003

LRC Order No.: Est. Price:

Becoming a Master Student (Canadian 3rd Ed.)

534778 $52.65

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
		✓						

This resource provides useful strategies for improving study skills, note-taking, time management, and general academic skills. It includes short self-assessment quizzes and a learning-styles inventory. The resource also provides information on relationships and general well-being.

Cautions:

- This resource supports one of the human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 2000 **Author(s):** Ellis, D.

Birth Control Methods: Facts and Figures

455198 $23.40

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓							

This locally-developed manual provides teachers with current information about birth control, STDs and human sexuality. Information is divided into four sections: contraception; statistics about teenage pregnancy, live birth and abortion rates; chlamydia and gonorrhea; and teaching sheets addressing common questions and issues in sexual health.

Cautions:

- Statistics may become dated.
- This resource supports human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- The inclusion of "how to" instructions and the bias against natural methods may make this resource unsuitable for some schools (e.g., Catholic schools).

© 1998

LRC Order No.: Est. Price:

Body Image Resource Collection (Kit) (Grades 10 - 12)

Body Image Resource Collection Series

Authorized Teaching Resource

Available through the 17 Regional Health and Mental Health centres in Alberta.

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

This locally-developed resource consists of various components encased in a durable storage/carrying case. The kit is colourful, easy to use, and contains a variety of student activity materials (story books, videos, magic bag and puppets). The teacher's guide includes lesson plans, background information and transparencies focusing on self-esteem and positive self-image.

© 2001 **Author(s):** Ryeder, S. et. al.

- **Building Better Career Futures: Portfolio Builder** — **464991** — **$9.50**
- **Building Better Career Futures: Backgrounder** — **464975** — **$21.95**
- **Building Better Career Futures: Facilitator Guide** — **464983** — **$35.10**

Building Better Career Futures Series

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓		✓

Portfolio Builder is the primary student resource in the *Building Better Career Futures* program. This resource contains extensive materials and information to support the development of individual career plans. The resource covers themes such as understanding career development, opportunities in the Canadian labour market, and the decision-making process. It also includes personal copies of all handouts, and an "Expansion Zone" that builds on the program material and helps students develop a personalized record of their learning and development. The *Backgrounder* includes in-depth information corresponding to the student activities and the theories being addressed, and suggestions for alternative group activities. The facilitator guide includes lesson plans for all topics in the program, providing a list of materials needed, lesson objectives/outcomes, links to relevant reference pages in the *Backgrounder*, teaching strategies, and learning activities. Sample handouts and visual aids are also provided.

© 1998 **Author(s):** Bezanson, L.; Hopkins, S.

LRC Order No.: 408931 Est. Price: $34.50

The Canadian Active Living Challenge: Leader's Resource Tool Kit: Program 4: Ages 15 to 18

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

The *Leader's Resource Tool Kit* provides information, ideas and templates to support teachers in implementing the *Canadian Active Living Challenge*, a hands-on resource designed to promote healthy and active lifestyles for children. The kit provides suggestions for health-related session plans, activities and projects that can be done in the classroom or in the gymnasium. The kit also includes information about the monitoring (or credit) system used in the program, suggestions for wrap-up celebration activities, and a list of related references and other resources.

Cautions:

• Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

© 1994

LRC Order No.: Est. Price:

Canadian Consumer Handbook (CD-ROM Version, Print Version)

Authorized Teaching Resource

Vendor Direct (Available Free of Charge)

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓	✓			

This resource is divided into two sections, both dealing with consumer issues. Part 1 offers information and tips on a variety of general and specific consumer issues, arranged in alphabetical order. The topics covered include "Before You Buy," "Landlord and Tenant Problems," "Refund and Exchange," and "Warranties." Part 2 is a directory of organizations that could be helpful in finding more information or settling consumer complaints. This list includes both general organizations, such as the Better Business Bureau, as well as groups dealing with complaints in specific industries, such as the Automobile Protection Association. The handbook also provides information on how to complain effectively and further steps you can take when written complaints are not successful.

Comments:

- The resource is not interactive and is adult oriented.
- The resource is available in either CD-ROM or print format. The same information is contained on both.

© 2001

Industry Canada - Information Distribution Centre; Communications Branch, Room 205D, West Tower, 235 Queen Street,
OTTAWA ON K1A 0H5
Telephone: 613–947–7466

LRC Order No.: Est. Price:

Career Cruising 2002: Career Advisor's Guide (includes: CD-ROM; User's Guide; Activities; Product Guide; Poster)

Support Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

This user-friendly, Canadian-produced software program (CD-ROM and Internet access) provides in-depth profiles of 450 different occupations, giving current information on salary ranges, working hours, educational qualifications, and sample career paths. The program also includes assessment tools, multimedia interviews, and comprehensive college and university information (for Canada and the U.S.). Printable lesson plans, assignments, and work sheets are included. New additions for 2002 include an electronic portfolio tool, a résumé writing tool, an apprenticeship training section, new occupational profiles, new multimedia interviews, and updated college and university information. The CD-ROM is accompanied by a user's guide, activities, a product guide and a poster.

Comments:

- Unlimited technical and instructional support are available via telephone.

© 2002

Anaca Technologies Ltd.; Suite 203, 115 Danforth Avenue, TORONTO ON M4K 1N2

Telephone: 800–965–8541

Career Explorer (2002 Macintosh / Windows Version)

Support Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

Career Explorer is a comprehensive career exploration and planning resource. The resource lets students create a portfolio and use the student news page to obtain the latest information on careers, the labour market, and educational pathways. Students can access self-assessment and career planning tools, and explore a library of career articles. The resource also provides information, activities and lesson plans for teachers.

Cautions:

- Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

© 2002

Bridges.com; 7B 1404 Hunter Court, KELOWNA BC V1X 6E6

Telephone: 800–281–1168

LRC Order No.: Est. Price:

Career Futures (2002 Macintosh / Windows Version)

Support Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

Career Futures is an interactive program that helps students explore careers and make more informed choices about high school programs and courses. A series of activity-based modules let students explore their career and education options, and learn how interests, education, earnings and skills relate to jobs. Students can also find and access career information directly. The portfolio component helps students decide what career paths to consider and what high school courses to take in order to get there.

Cautions:

• Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

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Bridges.com; 7B 1404 Hunter Court, KELOWNA BC V1X 6E6

Telephone: 800–281–1168

Career and Life Management: Guide to Implementation

475972 $11.60

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓	✓	✓	✓	✓	✓	✓	✓

The *Career and Life Management Guide to Implementation* is intended to assist teachers with implementation of the prescribed outcomes in the *Program of Studies for Career and Life Management* (2002). The *Guide to Implementation* contains information on comprehensive school health, implementation, establishing a positive learning climate, planning, instructional strategies, portfolios, differentiating instruction and assessment.

Cautions:

• This resource supports human sexuality outcomes.

© 2002 **Author(s):** Alberta Learning

LRC Order No.: Est. Price:

- **Careers (Student Resource)** **467474** **$20.95**
- **Careers: Teacher Resource** **467482** **$64.90**

LifeChoices Series

Basic / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

This Canadian resource includes critical information that students need to lay the groundwork for career planning. Topics covered include the following: considering work options, searching for a job, keeping a job, looking at the changing workplace, and enterprise and innovation. These topics are presented within a framework of independent decision making. The text's use of variety, and the inclusion of cartoons, graphs and charts, may help to maintain students' interest. The user-friendly teacher resource provides background information and numerous related teaching and learning activities to accompany the student resource. Blackline masters and a glossary of terms are included in the guide.

© 1998 / 2002 **Author(s):** Campbell, J.

Charge It: Credit Card Secrets (includes Teacher's Guide) **483909** **$150.80**

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓				

Charge It is an American-produced video that discusses credit card basics. The resource includes information about choosing the most appropriate credit card, the responsibilities that credit entails, what rights consumers have, and the hidden costs of marketing gimmicks such as teaser rates and instant cash "cheques." The video outlines how to read a credit card statement, avoid credit card theft, and resolve billing disputes. It also discusses the increased security that credit cards offer over cash or cheques.

Comments:

- This video has American content. Teachers may wish to provide Canadian examples.

© 2002

LRC Order No.: Est. Price:

Choices CT (2002 Macintosh / Windows Version)

Support Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

The *Choices* program provides comprehensive career planning information. Students can learn about occupations and post-secondary education, and receive an in-depth career analysis based on detailed input they enter. *Choices* also helps students implement their career plans, with connections to job banks and tools for writing résumés, practicing for interviews and planning a job search. The nine modules in the program focus on exploring interests, learning about work values, getting information about jobs and schools, making career decisions, learning about transferable skills, finding jobs outside of the *Choices* program, and using the "Choices Planner."

Comments:

- The *Choices* software may be better used in a career centre or counseling office due to the lengthy time requirement for completion (225 minutes) and the amount of instructor direction needed.
- There is technical support provided.

Cautions:

- Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

© 2002

Bridges.com; 7B 1404 Hunter Court, KELOWNA BC V1X 6E6

Telephone: 800–281–1168

LRC Order No.: Est. Price:

Choices & Decisions: Taking Charge of Your Financial Life (Educator's Kit)

Authorized Teaching Resource

Vendor Direct (Available Free of Charge)

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓	✓	✓		

This comprehensive financial planning resource consists of three components: a set of three CD-ROMs, a teacher's guide and a book of lesson plans. The CD-ROMs provide students with hands-on materials and activities such as an interactive game about financial decision making, a quiz show, a loan and credit card calculator, and a series of budget worksheets. Students can work through a variety of financial scenarios that they may face now or in the future: for example, students are asked to look at how buying a certain item such as a car would affect their budgets, given a set income. The teacher's guide includes teaching strategies, blackline masters, student activities and evaluation tools. The 14-chapter lesson plan book includes overheads, activities and exercises that cover budgeting, saving, investing, and how to recognize financial trouble, as well as resources to find solutions.

Comments:

- The CD-ROMs would be appropriate for student use.

© 2000 **Author(s):** Herde, E. et al.

Visa Canada Corporation - Consumer Education; Suite 3710–40 King Street West, PO Box 19375 Station BRM B, TORONTO ON M7Y 3M1

Telephone: 416–367–8472

LRC Order No.: Est. Price:

Choices for Positive Youth Relationships Instructional Guide (includes video "A Love That Kills") 520826 $87.70

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓		✓					

Choices for Positive Youth Relationships includes a 20-minute National Film Board video and a facilitator guide. The video, entitled "A Love That Kills," depicts the true story of a 19-year-old girl who is murdered by her former boyfriend. The facilitator guide includes detailed lesson plans, student masters and background materials that present relationship abuse in its many forms. Activities and classroom discussion guides are provided to promote the development of skills and strategies to reduce and prevent abuse.

Comments:

- This resource provides detailed information on curriculum links to the Career and Life Management program of studies.

Cautions:

- The video depicts physical violence within a relationship and may provoke strong emotional responses or disclosure.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 2002 **Author(s):** Babcock, M.; Boyd, M.

College Smarts: The Survival and Success Guide for Canadian Students 437823 $19.00

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓		✓

This resource takes students through the educational and career planning process to prepare them for post-secondary education in Canada and elsewhere. The guide moves from getting to know yourself and your career options to learning about choices for post-secondary education, through to choosing, financing and ultimately succeeding in a post-secondary path. *College Smarts* guides students through developing a personal career transition scenario, and outlines action plans at all grade levels. It also presents information on how learning styles relate to career planning.

© 1998 **Author(s):** Dougan, C.; Dougan, R.

LRC Order No.: Est. Price:

Credit Card Cautions

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres
BPN 2065301

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓				

Credit Card Cautions is a 20-minute American-produced video on credit card usage for teens. Topics include how to best use a card, how to "shop the market," and how to compare cards.

Comments:

- This resource has American content. Teachers may wish to provide Canadian examples.

© 2000

Developing your Employability Skills Toolkit for the Self-Managing Learner 459257 $92.75

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

This current, Canadian-produced resource consists of five modules dealing with employability skills, the transition into the workforce, and lifelong learning. The resource provides a set of practical tools designed to help students develop and use the skills needed to enter and progress in the workforce. It provides information about what employability skills look like, and examples of ways students can develop and demonstrate their skills at home, school, work and in the community. Students may use the resource on their own or together with teachers, parents or mentors.

© 2000

LRC Order No.: Est. Price:

Dying to Work: Update

W5 Series Series

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 2065201

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
							✓	

This video features the stories of five teenagers who were injured or killed in workplace accidents. Interviews with the teens' parents are used to raise awareness of safety concerns. The importance of asking questions and understanding rights and responsibilities is emphasized.

Comments:

• The video includes Canadian content.

Cautions:

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 2000

Every Body Is a Somebody: Facilitator's Guide

454257 $37.45

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓		✓					

This locally-developed resource provides information and strategies for promoting positive body image among teenage girls. The resource was developed in response to the need for education and information related to the prevention and treatment of eating disorders. The guide deals with issues related to the media, family, friends, self-esteem, dieting, healthy eating, active lifestyles, stress management and relationships.

Cautions:

• This resource supports human sexuality outcomes.

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 1997 **Author(s):** Seaver, A. et al.

	LRC Order No.:	Est. Price:
• **Expanding Your Horizons: Career Development Guide (2nd ed.) (Student Text)**	390831	$40.85
• **Expanding Your Horizons: Career Development Guide (2nd ed.): Teacher's Resource**	390849	$66.25

Support / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

This comprehensive resource uses an activity-based approach to examine a number of topics related to career planning. The text is arranged around several broad subjects: "Developing a Career Portfolio," "Planning Your Career," "Your Career Skills," "Quality of Work Life," and "Exploring the Workplace." Within these areas, the resource provides information on a variety of specific topics including multiple intelligences theory, job search strategies, future career trends, effective workplace communication, and financial management. Canadian content is included. The teacher's resource provides key expectations and terms, tips, case studies, links to other resources, and a variety of activities such as interviewing, role-playing, researching, surveying and charting. The teacher's guide also provides teaching and assessment strategies, student activity suggestions and blackline masters to be used with the student text.

Comments:

• The text is at an advanced reading and content level.

Cautions:

• Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

© 1999 **Author(s):** Misener, J.; Butler, S.

	LRC Order No.:	Est. Price:
• **Exploring Your Horizons: Career and Personal Planning (Student Book)**	**440917**	**$36.70**
• **Exploring Your Horizons: Career and Personal Planning: Teacher's Resource**	**440925**	**$72.90**

Support / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓		✓

This resource contains current Canadian information on career planning. Students can work through a variety of self-assessment activities, consider different education and career pathways, learn how to set up a resource network, find out about experiencing the community as a workplace, and begin to establish a career route. The resource includes colourful cartoons and illustrations, case studies, individual profiles, and a variety of student activities such role-playing, goal setting and reflective questions. There are suggestions and activities throughout the text to help students build their personal portfolios. The teacher's resource provides teaching and assessment strategies, student activity suggestions and blackline masters to be used with the student book.

Comments:

• Gender and ethnic balances are depicted.

Cautions:

• A number of suggested activities may raise concerns related to the *Freedom of Information and Protection of Privacy Act.*

© 1998 **Author(s):** Misener, J.; Butler, S.

LRC Order No.: Est. Price:

50 Activities for Teaching Emotional Intelligence: Level III: High School 438805 $33.65

50 Activities for Teaching Emotional Intelligence Series

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

Working from an emotional intelligence framework, this teacher resource focuses on self-awareness, managing feelings, decision-making, managing stress, self-concept, personal responsibility, empathy, communication, group dynamics and conflict resolution. There are three different books in this series, one for each of elementary, middle school and high school. Fifty activities are presented for each level, providing opportunities for both personal reflection and group development skills.

Cautions:

• Visualization and meditation techniques are discussed, but could easily be omitted by the classroom teacher if problematic for the subject matter being discussed (e.g., divorce).

© 1999 **Author(s):** Shilling, D.

The First Step... Student Safety Handbook; The First Step... Student Safety Awareness Course (CD-ROM) 485658 $23.40

The First Step Series

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓		✓

This Canadian student handbook and CD-ROM focus on issues in Occupational Health and Safety, highlighting workplace safety and hazards. The resource provides practical information on legal rights and responsibilities in the workplace, and uses real-life stories involving young workers to draw attention to the consequences of workplace accidents. The CD-ROM features a PowerPoint presentation that introduces students to the content in the student handbook.

© 2002

LRC Order No.: 464735 Est. Price: $81.85

The Get Real Game: Facilitator's Kit: Grades 11/12

Real Game Series Series

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

This current, Canadian-based simulation game contains interactive activities, role-plays, and detailed career information designed to assist students in making the transition from high school to the world of work or post-secondary education. The kit includes detailed lesson plans and all required learning materials.

Comments:

- The entire simulation requires 15-20 hours to complete.

Cautions:

- This resource supports human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

© 2001 **Author(s):** Barry, B.

Great Careers for People Interested in Sports & Fitness

410564 $14.55

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

This resource outlines ten sport- and fitness-related careers through interview-style profiles of individuals in the industry. In addition to information about each career, related work is also discussed. This resource could be an excellent motivator for some secondary students.

© 1994 **Author(s):** Edwards, L.

LRC Order No.: 464826 Est. Price: $25.75

Harassment and What You Can Do About It (Video and User's Guide)

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓		✓				✓	

This video and user's guide provide a thorough examination of Canada's *Charter of Rights and Freedoms* as it relates to harassment (sexual, racial, gender orientation). Role-plays featuring high school age students are used to portray different types of harassment. Strategies for effectively resolving harassment issues are highlighted. The user's guide provides suggestions for pre-viewing activities and follow-up discussion.

Cautions:

- This resource supports human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 1999

	LRC Order No.:	Est. Price:
• **Healthy & Well (Student Resource)**	**467490**	**$20.95**
• **Healthy & Well: Teacher Resource**	**467507**	**$64.90**

LifeChoices Series

Basic / Authorized Teching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓	✓	✓					

This Canadian resource provides information about health and wellness issues such as nutrition, physical fitness, stress management, substance use and abuse, sexually transmitted diseases, and growth and change on the way to adulthood. The information is presented within a framework of independent decision making. The text's use of variety, and the inclusion of cartoons, graphs and charts, may help to maintain students' interest. The user-friendly teacher resource provides background information and numerous related teaching and learning activities to accompany the student text. A glossary of terms is also included in the teacher's guide.

Cautions:

- This resource supports human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- Potentially contentious articles should be used at the discretion of the teacher, keeping in mind the sensitivities and beliefs of individuals, families and the community.

© 1996 / 2002 **Author(s):** Campbell, J.

	LRC Order No.:	Est. Price:
• **Horizons 2000+ Career Studies (Student Text)**	**474932**	**$35.30**
• **Horizons 2000+ Career Studies: Teacher's Resource**	**474940**	**$88.35**

Career Collection Series

Support / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓		✓

This Canadian resource assists students in acquiring personal knowledge and management skills, exploring careers, and preparing for transitions and change within the community and from school to work. The text covers five key themes: developing a portfolio, discovering individual strengths, exploring educational and career pathways, finding resources and connections in the community, and planning for and finding work. Specific topics include learning styles, setting personal goals, youth apprenticeships, mentors, employability skills, working with others, writing a résumé, and budgeting. The text includes case studies, profiles and activities. The material is colourful and visually appealing, with an easy-to-follow format. Photographs, charts, diagrams and cartoons are included. The teacher's resource provides information and materials to support teachers in using the *Horizons 2000+ Career Studies Student Text* in the classroom. It includes an introduction, general teaching and assessment strategies, blackline masters, and a list of other resources, and also provides specific teaching suggestions for each chapter of the student text.

Cautions:

• Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

© 2000 **Author(s):** Misener, J.; Butler, S.

LRC Order No.: 483818 Est. Price: $173.55

Individual and Family Living in Canada: Teacher's Resource Guide *(Catholic Edition)*

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓	✓	✓	✓	✓			✓

This teacher's resource guide (Catholic Edition) accompanies the text *Individual and Family Living in Canada*, but can be used independently. It includes numerous teaching and learning strategies, blackline masters, and assessment tools. The resource also includes extensive and current information on issues relevant to teens, such as achieving your potential, relating to others, living in families today, managing family resources, caring for individuals and families, and lifestyle options. Published in Canada with Canadian content.

© 2002 **Author(s):** Johnston, C. et al.

LRC Order No.: 515322 Est. Price: $173.55

Individual and Family Living in Canada: Teacher's Resource Guide *(Non-Catholic Edition)*

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓	✓	✓	✓	✓			✓

This teacher's resource guide accompanies the text *Individual and Family Living in Canada*, but can be used independently. It includes numerous teaching and learning strategies, blackline masters, and assessment tools. The resource also includes extensive and current information on issues relevant to teens, such as achieving your potential, relating to others, living in families today, managing family resources, caring for individuals and families, and lifestyle options. Published in Canada with Canadian content.

© 2002 **Author(s):** Holloway, M.; Meriog, E.

LRC Order No.: Est. Price:

- **Investing in Your Future (Student Booklet)**
- **Investing in Your Future: Teacher Resource**

Support / Authorized Teaching Resource

Vendor Direct (Available Free of Charge)

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓	✓			

This current Canadian resource focuses on the ability to manage and invest money intelligently. It also examines the role of the capital market in financing growth and developments both privately and publicly. For each of the chapters in the student text, the teacher resource offers a summary, outcomes, background information, teaching tips, student activities, blackline masters, test questions and answers, and additional activities.

Cautions:

- Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

© 2001 **Author(s):** Luengo, A. (ed.)

Investor Learning Centre of Canada (ILC); Suite 1550–121 King Street West, TORONTO ON M5H 3T9

Telephone: 416–681–2193

Job Seeker's Handbook: An Introductory Guide to Finding Work (Revised January 2002) **462086** **$0.00**

Support Resource

LRC (Available Free of Charge)

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

This step-by-step action guide leads students through the basics of finding entry level work. The handbook contains tips, checklists, exercises, sample cover letters and résumés, and a skills inventory based on the Conference Board of Canada's *Employability Skills 2000+*. Students are encouraged to assess their skills and to create a career portfolio. This revised edition includes "How to apply for a Social Insurance Number," a new step on tailoring your résumé, a new section on "Advanced Techniques for Work Search," and updated interview questions.

© 2002

LRC Order No.: 505240 Est. Price: $0.00
LRC (Available Free of Charge)

Job Smart: Tips for Staying Employed

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	

This basic guide to keeping a job features information about what employers are looking for in their employees. It includes self-assessment exercises, tips on problem solving and a list of helpful community resources.

© 2003

The Keg Party (includes Video and Teacher's Resource Book)

468365 $232.65

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓	✓						

This video depicts the behaviours and risks associated with a keg party. Teenagers—mostly underage—are shown playing drinking games and becoming progressively intoxicated over the course of an evening. The resource also shows some of the consequences, including alcohol poisoning and accidents. The accompanying binder provides pre- and post-viewing activities and discussion topics.

Cautions:

- This resource supports human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- The video depicts a potential date rape scenario, which could be addressed by the classroom teacher.

© 2001

LRC Order No.: Est. Price:

Lasting Gifts: Parents, Teens and the Career Journey

306854 $0.00

LRC (Available Free of Charge)

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
		✓				✓		

Lasting Gifts gives parents a useful framework for helping their teens prepare for the challenges of career development in an uncertain economic and social climate. Practical exercises help parents and teens accept change, sort out their respective values and dreams, find common ground, track their skills and competencies, and engage in lifelong learning.

© 1995

• Liking the Me I See in the Mirror: An Educational Resource Manual for Teachers on Body Image and Self-esteem

458142 $40.95

• Liking the Me I See in the Mirror: A Family Workbook for Parents and Their Children on Building Body Friendly Homes

458150 $10.00

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

This resource focuses on body image education, making it appropriate for both physical education and health education programs. The *Educational Resource Manual* provides interactive student activities and handouts to help individual students improve their body image in order to prevent the development of an eating disorder. The manual contains a rationale, expected outcomes, background information, handouts and activities for the following topics: introduction to body image, the physical self, the personal self, self-esteem/body image, self-care, and perfection versus excellence. The appendix includes information about eating disorders. The *Family Workbook* provides parents with numerous activities they can work through with their children to promote positive body image. Topics such as attitudes about weight and shape, influences on body image, and ways to improve our body image are included for information, discussion and action.

© 2001 Author(s): Hare, S.; Drummond, D.

LRC Order No.: Est. Price:

Lions-Quest: Skills for Action 7 (Kit)

Authorized Teaching Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
		✓	✓	✓	✓		✓	

Skills for Action is Lions-Quest's comprehensive program for encouraging students to become personally and socially responsible citizens through experience-based learning in the community. The kit includes both the *Skills Bank*, which provides information and activities on 26 essential competencies, and the *Curriculum Manual*, which offers information, strategies and resources to implement *Skills for Action* in the classroom. The kit also includes an *Advisory Team Handbook* and a student magazine. The program is structured around sessions—key topics that will take one or more classroom periods to complete (suggested time allocations are provided). Each session contains the purpose, outcomes, materials required, necessary preparation, and assessment suggestions.

Comments:

- This resource supports the volunteerism component of both the K-9 Health and Life Skills program and the CALM program.
- Teachers are required to attend a one-day training workshop to obtain these curriculum materials.

© 1995

Lions-Quest Canada; 515 Dotzert Court, Unit 7, WATERLOO ON N2L 6A7
Telephone: 800–265–2680; 519–725–1170

LRC Order No.: Est. Price:

Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility

Authorized Teaching Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
		✓	✓					

This resource is the primary student resource in the *Lions-Quest Skills for Action* program, and can be used in conjunction with the *Curriculum Manual* or on its own. *Skills Bank* covers 26 essential skills that parallel the key competencies identified in both Canada's Prosperity Initiative document, *Learning Well...Living Well*, and the Conference Board of Canada's *Employability Skills Profile*. These skills are grouped together under the following themes: "Cultural Awareness," "Interpersonal Communication," "Personal Management and Responsibility," and "Study and Writing Skills." Each skill includes a rationale and guidelines for teachers, as well as several application options for teaching, reinforcing and enriching the skills. Sample assignments, a variety of case studies, and practical role-plays are provided.

Comments:

- *Skills Bank* is provided to all *Skills in Action* workshop participants but can also be purchased separately without training. The resource acts as reinforcement for teachers familiar with the program, and as a detailed, user-friendly support resource for new teachers.
- Lessons need to be coordinated to specific grade levels to avoid overlap.
- Some activities are geared to smaller class sizes.

Cautions:

- Page 8, Option 1: Re-word "People with speech problems are retarded" to "People with speech problems may be slow learners." (This example is included in a lesson regarding stereotyping and labeling.)

© 1999

Lions-Quest Canada; Unit 7–515 Dotzert Court, WATERLOO, ON N2L 6A7
Telephone: 800–265–2680; 519–725–1170 E-mail: bruce@lions-quest.ca

LRC Order No.: Est. Price:

Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility: Curriculum Manual

Authorized Teaching Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
		✓	✓		✓	✓	✓	

The *Curriculum Manual* is the primary teacher resource to implement the *Lions-Quest Skills for Action* program. The manual is composed of four main parts: "Building a Learning Community," "Exploring Personal and Social Responsibility," "Taking Action through Service-Learning," and Evaluating and Sharing Service Experiences." The manual includes step-by-step instructions for conducting program sessions, as well as teacher resource sheets, student handouts, and assessment tools for each session.

Comments:

- This resource supports the volunteerism component of both the K-9 Health and Life Skills program and the CALM program.
- Teachers are required to attend a one-day training workshop to obtain these curriculum materials.

© 2000

Lions-Quest Canada; 515 Dotzert Court, Unit 7, WATERLOO ON N2L 6A7
Telephone: 800–265–2680; 519–725–1170

LRC Order No.: Est. Price:

Living with Alcohol

You, Me & the Kids: The Teen Years Series

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-40

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

This video is part of an award-winning series that focuses on family issues using a combination of drama and documentary. Each episode pursues a single topic, while the drama of a newly blended family continues to unfold. The dramatic story lines are contrasted with or paralleled by the documentary segments. *Living with Alcohol* depicts some of the problems associated with alcoholism. The video tells the story of a family attempting to deal with the mother's drinking problem. It also focuses on the teenager daughter's conflicting emotions as she tries to keep her mother's secret from her friends.

Comments:

• Other titles in this series authorized for Career and Life Management include: *Money Management*; *Out in the World*; *Rave On*; *Suicide*; *Suicide Prevention*; *Wheels*; *When the Talking Stops*.

Cautions:

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© Alberta Learning, Alberta, Canada

LRC Order No.: 521337 Est. Price: $58.40

The Long Walk

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓		✓					

This video documents the life of Ken Ward, the first Native Canadian to go public with his HIV diagnosis. Filmmaker Alan Bibby accompanies Ward as he travels to schools and prisons across the Canadian West using his experiences to talk about HIV prevention and treatment. Throughout the video, Ward emphasizes a message of tolerance, compassion and hope. Issues of sexual abuse, alcoholism and drug addiction are also raised.

Comments:

• The video shows Ward working primarily with First Nations individuals/groups. Teachers should ensure that discussion of issues expands to the context of the general population.

Cautions:

• This resource supports human sexuality outcomes.

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 1998

A Love That Kills

472069 $58.40

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
			✓					

This 20-minute video tells the story of a teenage girl's involvement in an abusive relationship and her eventual murder. Interviews with the victim's mother and re-enactment scenes of abusive behaviors send viewers a strong anti-violence message. Questions and comments about abusive relationships are posed by teenagers throughout the video.

Cautions:

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

• The opening scene shows a picture of the murdered girl.

© 1999

	LRC Order No.:	Est. Price:
• **Make School Work for You: Student Resource for Grades 7 - 12**	**461426**	**$5.85**
• **Make School Work for You: Teacher Implementation Guide**	**461434**	**$4.75**

Support / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
		✓						

This handbook provides suggestions to help students develop skills in organization, studying, test-taking, writing and classroom survival. It also includes information on knowing yourself, getting along with others and staying motivated. The appendices contain blackline masters for learning inventories and goal-setting, and graphic organizers for note-taking and writing tasks. This resource would be appropriate for junior and senior high school students with learning disabilities. The teacher implementation guide contains practical ideas for using the student resource *Make School Work for You* in the classroom. The guide includes sample instructional activities for introducing skills and strategies, blackline masters for student activities, and assessment strategies.

Comments:

• This resource is also available on audio CD.

© 2001

Making Sense of Labour Market Information — **505258** **$0.00**

Support Resource — **LRC (Available Free of Charge)**

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓		✓

If you are not sure what labour market information is, why you need it or where to find it, then this book is for you. It provides examples of how to use labour market information when making career, learning or employment decisions.

© 2003

LRC Order No.: Est. Price:

Mastering the College Experience Series

- **Charting Your Course** — **519738** **$57.30**
- **Communication** — **519746** **$57.30**
- **Thinking Creatively** — **519754** **$57.30**
- **Thinking Critically** — **519762** **$57.30**

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
		✓	✓		✓			

These four 30-minute videos are part of a series focusing on skills and knowledge needed to succeed in post-secondary education and life. *Charting Your Course* deals with the development of skills in planning and managing careers, and discusses various career options. *Communication* offers tips for improving communication skills, and introduces the theory of multiple intelligences. *Thinking Creatively* focuses on understanding the nature of creativity, and provides activities and tips to stimulate creative thinking. *Thinking Critically* explores logic, analysis and problem solving. The videos offer information, tools, exercises, suggestions and examples.

© 2000

Money 101: Budgeting Basics for Further Education

359035 **$0.00**

LRC (Available Free of Charge)

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios

A locally developed student booklet that assists teens in exploring and financing post-secondary education. Includes detailed information on money basics and financial planning activities. Topics such as living on a fixed income, banking options, credit, taxes and consumer spending are included. Scenarios includes Alberta post-secondary opportunities.

© 2003

LRC Order No.: Est. Price:

Money Management

You, Me & the Kids: The Teen Years Series

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres
BPN 20306-48

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓	✓			

This video is part of an award-winning series that focuses on family issues using a combination of drama and documentary. Each episode pursues a single topic, while the drama of a newly blended family continues to unfold. The dramatic story lines are contrasted with or paralleled by the documentary segments. In *Money Management*, teens are faced with the ups and downs of making, saving and spending money. They must deal with influences and pressure from their families, peers and the media regarding money management and budgeting.

Comments:

• Other titles in this series authorized for Career and Life Management include: *Living with Alcohol*; *Out in the World*; *Rave On*; *Suicide*; *Suicide Prevention*; *Wheels*; *When the Talking Stops*.

Money & Values: What is Wealth?

483917 $150.80

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓				

This American-produced video explores attitudes about money in order to give students a more balanced understanding. The resource examines the importance of money in modern Western culture and the heightened emotions that can surround issues of money and wealth. It explores the nature of money, how money is confused with basic human needs, the relationship between money and happiness, the meaning of "luxury fever," and the difference between being rich and being truly wealthy. A study guide is included.

Comments:

• This resource has American content. Teachers may wish to provide Canadian examples.

© 2000

LRC Order No.: Est. Price:

Multiple Choices: Planning Your Career for the 21st Century

359069 $0.00

LRC (Available Free of Charge)

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
		✓				✓		

This resource draws attention to the multitude of choices we make every day. The message it conveys is that "Every decision is a career decision, and there are no wrong answers." The resource emphasizes that there is no such thing as a secure job for life, but there is fulfilling work to be discovered over a lifetime. This book provides students with career-building knowledge and skills to make decisions more effectively.

© 1999

• Mutual Mania: The Mutual Fund Investment Game (Game) 466731 $33.90

• Mutual Mania: The Mutual Fund Investment Game: Teaching Guide (Canadian Version) 466749 $11.00

Support / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓				

This resource teaches students about mutual fund investments through a board game format. Students are given an equal amount of money to invest in various funds and maintain cash assets. They then have a preset number of trips around the board (each representing a year of time) to protect and build their investments while facing personal events, world events, and market makers and breakers, all of which can change the value of their funds. The kit consists of a game board, rules, tracking board, a personal transaction record pad, dice, pawns, event cards, and 'play money.' The rules book includes information about what mutual funds are, investment risk levels and investing strategies. The game's colourful and unique design will be engaging for many students. The 22-page teaching guide supports teachers in using the *Mutual Mania* board game in the classroom. The guide provides related information, definitions, lesson plans and worksheets.

Comments:

• It is suggested that parts of the kit be laminated for future use.

© 1997

LRC Order No.: Est. Price:

- **Nelson Career Studies 10 (Student Text)** **464660** **$37.30**
- **Nelson Career Studies 10: Teacher's Resource** **464686** **$189.40**

Support / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓		✓				✓	✓	✓

This current Canadian resource contains information to assist students with career planning and employability skills. The resource provides tools and processes to help students make decisions and develop action plans for healthy life management. A variety of activities are provided, including case studies, research projects, role-plays, stories and interviews. Unit summary questions are also included. The teacher's resource consists of a large printed document and two CD-ROMs. Lesson plans, overheads, student activities and assessment strategies to assist students with career planning and portfolio development are included.

Cautions:

- Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

© 2001 **Author(s):** Vincent, L.; Wallace, L.

Nutrition File™ for Teens: Building Better Bones through Good Nutrition **441238** **$21.05**

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓								

This resource, published by the Dairy Nutrition Council of Alberta, focuses on the role of nutrition in building strong bones during the teen years. It discusses the calcium content in milk and other foods, and lets students assess their bone health using interactive activities. The kit includes five lessons with background information, a set of reproducible masters, three colour overheads, and a class set of the *Calcium Calculator*™ brochure.

Comments:

- The content has a strong link to the Foods strand of the Career and Technology Studies curriculum.

© 2000

LRC Order No.: Est. Price:

Out in the World

You, Me & the Kids: The Teen Years Series

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres
BPN 20306-23

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
	✓		✓					

This video is part of an award-winning series that focuses on family issues using a combination of drama and documentary. Each episode pursues a single topic, while the drama of a newly blended family continues to unfold. The dramatic story lines are contrasted with or paralleled by the documentary segments. *Out in the World* explores how teens, in grappling with their own sexuality, often consider anyone who is "different" as insignificant or strange. In this resource, a character's friend is targeted as gay. Interviews with well-spoken young people help to promote the understanding of gender and related issues.

Comments:

• Other titles in this series authorized for Career and Life Management include: *Living with Alcohol*; *Money Management*; *Rave On*; *Suicide*; *Suicide Prevention*; *Wheels*; *When the Talking Stops*.

Cautions:

• This resource supports human sexuality outcomes.

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© Alberta Learning, Alberta, Canada

LRC Order No.: 483933 Est. Price: $150.80

A Penny Saved: How to Grow Money

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓	✓			

This American program deals with issues around saving and investing money. The video uses simple narration and graphics to explain the advantages of planned savings and compound interest. The video covers the basics of simple interest; the pros and cons of various investment strategies such as stocks, certificates of deposit, savings bonds, and treasury notes; the concepts of inflation, yield, liquidity and risk; and the time value of money. A 16-page teacher's guide is included with the program.

Comments:

• This resource has American content. Teachers may wish to provide Canadian examples.

Cautions:

• Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

© 2000

LRC Order No.: Est. Price:

Rave On

You, Me & the Kids: The Teen Years Series

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-39

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

This video is part of an award-winning series that focuses on family issues using a combination of drama and documentary. Each episode pursues a single topic, while the drama of a newly blended family continues to unfold. The dramatic story lines are contrasted with or paralleled by the documentary segments. In *Rave On*, teens who attend raves are faced with the pressures and realities associated with drug culture. The video depicts the dilemma parents face regarding raves, and the related issues that often emerge as a result.

Comments:

• Other titles in this series authorized for Career and Life Management include: *Living with Alcohol*; *Money Management*; *Out in the World*; *Suicide*; *Suicide Prevention*; *Wheels*; *When the Talking Stops*.

Cautions:

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© Alberta Learning, Alberta, Canada

	LRC Order No.:	Est. Price:
• **Relationships (Student Resource)**	**467515**	**$20.95**
• **Relationships: Teacher Resource**	**467523**	**$64.90**

LifeChoices Series

Basic / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
	✓		✓		✓			

This Canadian resource explores issues and concerns related to the varied relationships in our lives. It looks at why relationships are important, how to start relationships, how to keep them going, and how to make them work better. Information about how to end a relationship and how to cope with changes is also included. The resource also explores communication, sexuality and conflict in relationships, as well as how to deal with these issues. The text's use of variety, and the inclusion of cartoons, graphs and charts, may help to maintain students' interest. The user-friendly teacher resource provides background information and numerous related teaching and learning activities to accompany the student text. A glossary of terms is also included in the guide.

Cautions:

• This resource supports human sexuality outcomes.

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

• Teachers should consider the sensitivities and varied cultural beliefs of individuals and the community when selecting teaching and learning activities.

© 1996 / 2002 **Author(s):** Campbell, J.

LRC Order No.: 521270 Est. Price: $58.40

Remembering Tom: Coping with Youth Suicide

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
			✓					

This video revolves around a family's attempt to process their grief after their 18-year-old son/brother commits suicide. Two years after the event, family members discuss their shock and pain, as well as the ways they have learned to live with this loss. A brief teacher's guide is included.

Cautions:

- There is a mention of God, but not in reference to any particular denomination.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 1999

Room for Five Series

- **The Roommate** (BPN 397001)
- **Jobs, Jobs, Jobs** (BPN 397002)
- **The Loan** (BPN 397003)
- **Room for Five: Teacher Guide**

$10.50

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres
BPN 397000

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
			✓	✓	✓	✓	✓	

These three 30-minute programs offer practical tips and strategies to help students communicate effectively in various real life situations. Dramatic scenes featuring five roommates with varying interests, personalities and cultures are interspersed with documentary segments in which experts comment on issues related to the challenges at hand. The teacher guide connects the *Room for Five* videos to the outcomes of the new senior high English Language Arts program. The guide features student activities to support each of the nine video programs, and allows for flexible use of only one or two videos and accompanying activities, or the entire video series.

© 2001

LRC Order No.: Est. Price:

School Partnership Program Youth Transition Initiative: Pick-Up & Go Kits: A Comprehensive Set of Career Development Lesson Plans

Authorized Teaching Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓		✓

This Alberta resource contains career development lesson plans. The topics of the 45-minute sessions are: career trends, transferable skills, evaluating post-secondary options, exploring the hidden job market, researching work, building interview skills, developing résumés, and funding post-secondary experiences. Numerous student activities requiring minimal teacher preparation are included.

Alberta Human Resources and Employment (AHRE) - People, Skills and Workplace Resources; 12th Floor–Seventh Street Plaza, 10030 107 Street, EDMONTON AB T5J 3E4
Telephone: 780–422–1794

Sexuality and Relationships

465428 **$48.95**

Choosing Health High School Series

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
	✓		✓					

This resource focuses on various themes related to human sexuality and relationships. Topics covered include healthy/unhealthy relationships, sexual orientation, reproductive systems, pregnancy and birth, and contraception. For each topic, the text provides information, teaching strategies and student activities. The material is presented in lesson form. Blackline masters are also included in the resource.

Cautions:

- This resource supports human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 1997 **Author(s):** Hubbard. B.

LRC Order No.: Est. Price:

- **Shaping Your Future (Student Text)** 454017 $61.75
- **Shaping Your Future: Teacher's Annotated Edition** 454033 $85.80

Support / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
		✓				✓		

This comprehensive textbook deals with topics such as setting goals, problem solving, improving relationship skills, adopting healthy life skills, developing consumer/financial awareness, and planning a career. Each chapter contains a review section with suggested critical-thinking and practical-application activities, and suggestions for career transitions. Each chapter in the teacher's annotated edition includes background information, teaching and learning activities, and a review section corresponding to the student text.

Comments:

- This resource has American content. Teachers may wish to provide Canadian examples.

© 2000 **Author(s):** Eubanks, E. et al.

Skills Plus Handbook: Discovering Your Personal Career Assets 378142 $0.00

LRC (Available Free of Charge)

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	

This Alberta-developed self-assessment handbook contains activities to help students learn about the skills and assets that will make them more adaptive in today's world of work. The resource identifies the skills employers are looking for, and provides exercises to help students determine their individual strengths. By the end of the book, students will have developed a summary of personal assets that will help them with future career choices. The handbook also includes suggestions for keeping track of these skills, and ideas for "repackaging" career assets to suit different needs.

© 1999

LRC Order No.: Est. Price:

• STD: Taking Care of Yourself and Others (Pamphlet)
• STD: Teaching Outline and Resource Guide

Support / Authorized Resouce Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓							

This pamphlet provides current information about sexually transmitted diseases, including how to prevent them and how to deal with them. In addition to information about STDs in general, the resource also gives more detailed information on specific types of STDs. The *Teaching Outline and Resource Guide* is a comprehensive teaching resource on sexually transmitted diseases. It contains clear and concise medical information, student learning activities, transparency masters, resource lists, and a glossary.

Comments:

• This resource was created by Alberta Health and Wellness.

Cautions:

• This resource supports human sexuality outcomes.
• Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.
• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 2000

Alberta Health - Disease Control and Prevention; 9th Floor, 10025 Jasper Avenue, EDMONTON AB T5J 2N3
Telephone: 780–427–5237

LRC Order No.: Est. Price:

Step by Step to Involving Parents in Health Education

Out-of-print

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓		✓	✓	✓				

This resource offers procedures and background information to help schools and health educators involve parents, other family and community members as partners in comprehensive health education. The resource explains benefits of and barriers to family involvement, and presents guidelines for successfully involving family in curriculum development and at-home learning activities. It also includes a model for in-service training.

Comments:

- Although this resource is published in the United States, much of the content is applicable in Canada.

© 1996 **Author(s):** Birch, D.A.

Steroid and Body Image Kit

400937 **$6.00**

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓								

This resource provides information on two health-related issues: the use of anabolic steroids and societal pressure to develop a certain type of body. The effects of steroid use, particularly by males, is outlined. The resource also allows students to conduct a self-analysis regarding body image.

Cautions:

- The back page of the "Using Steroids" pamphlet outlines a procedure for cleaning needles. Early discussion of this issue as it relates to sexually transmitted diseases and hepatitis is important.

© (1996)

LRC Order No.: 399073 Est. Price: $70.10

Steroids: Bulking Up Can Kill

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓								

This video details the consequences of steroid use by males. The program profiles the experiences of an ex-professional football player who started out his career with great promise but had to quit football when his right foot and ankle were amputated due to steroid abuse. It also tells the story of a high school football team that is accused of using steroids after showing great improvements in their season, but ultimately prove that their success resulted from effort and determination.

Cautions:

• Several issues need to be addressed by teachers when using this resource: female anabolic steroid use, sterility as a possible side effect of steroid use, and the meaning behind the resource's sensationalistic title.

© 1998

Straight Goods on Drugs and Alcohol

Support Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓								

This informative poster uses humour and cartoon figures to show students the long- and short-term effects of alcohol and drug use and/or abuse.

© 1994

AADAC Resource Development and Marketing; Suite 200–Pacific Plaza, 10909 Jasper Avenue, EDMONTON AB T5J 3M9
Telephone: 780–422–2794

LRC Order No.: Est. Price:

Straight Goods for Girls on Drugs and Alcohol

Support Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓								

This colourful poster explains and illustrates the negative effects of drugs and alcohol on adolescent girls. Concise descriptions and eye-catching illustrations make the poster suitable for classroom display or as a discussion starter.

Cautions:

- The poster is targeted only at female youth, by design.

© 1999

AADAC Resource Development and Marketing; Suite 200--Pacific Plaza, 10909 Jasper Avenue, EDMONTON AB T5J 3M9
Telephone: 780–422–2794

Street Cents: A Guide to Funding Your Education

Support Resource

Vendor Direct (Available Free of Charge)

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓	✓		✓	

This video consists of a host talking with students at various stages in their education, from junior high to university. The students and host offer advice on financial planning, including lessons learned, information on government student loans and scholarships, and tips on saving money for post-secondary studies. The video stresses the importance of starting to save for post-secondary education early on.

Comments:

- University and college courses/programs are stressed. There is no mention of trade or technical institutes.
- The video is also available online at http://www.alis.gov.ab.ca/studentsfinance/prepare.asp/.

Alberta Learning, Learner Assistance; 9th Floor, Sterling Place, 9940–106 Street, EDMONTON AB T5K 2V1
Telephone: 780–427–9697

	LRC Order No.:	Est. Price:
• **Student Learning: Career Planner (Senior High School)**	**440511**	**$14.15**
• **Student Learning: Career Planner Information Booklet (Middle / Junior High School / Senior High School)**	**(Pkg. of 35) 437576**	**$3.10**

Career Plan-It Series

Support / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓		

The *Career Planner* is a folder-type tool that provides a centralized location for students to summarize their career planning activities. The folder has different sections outlined where students can record individual information. Components of the career planner include: personal profile, student experiences, evaluation information, career goals, and career planning checklist. The resource can be used by schools and school systems as part of a comprehensive career development system. The information booklet is designed to assist secondary school educators in implementing the *Career Planner*. The booklet provides the background information needed to assist students in using the "Career Scan-It" personal folder as a foundation for developing and enhancing a personal career portfolio.

Comments:

• This resource was developed for Alberta schools.

© 2000

LRC Order No.: Est. Price:

Suicide

You, Me & the Kids: The Teen Years Series

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-35

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

This video is part of an award-winning series that focuses on family issues using a combination of drama and documentary. Each episode pursues a single topic, while the drama of a newly blended family continues to unfold. The dramatic story lines are contrasted with or paralleled by the documentary segments. In *Suicide*, the importance of support from families and friends is underlined when a suicide takes place. Interviews with people who have experienced the effects of suicide reinforce this point.

Comments:

• Other titles in this series authorized for Career and Life Management include: *Living with Alcohol*; *Money Management*; *Out in the World*; *Rave On*; *Suicide Prevention*; *Wheels*; *When the Talking Stops*.

Cautions:

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© Alberta Learning, Alberta, Canada

LRC Order No.: Est. Price:

Suicide Prevention

You, Me & the Kids: The Teen Years Series

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-36

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

This video is part of an award-winning series that focuses on family issues using a combination of drama and documentary. Each episode pursues a single topic, while the drama of a newly blended family continues to unfold. The dramatic story lines are contrasted with or paralleled by the documentary segments. *Suicide Prevention* focuses on the importance of recognizing the signs and symptoms that can precede suicide. Through interviews, parents and friends discuss warnings that they missed.

Comments:

• Other titles in this series authorized for Career and Life Management include: *Living with Alcohol*; *Money Management*; *Out in the World*; *Rave On*; *Suicide*; *Wheels*; *When the Talking Stops*.

Cautions:

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

Surviving Death: Stories of Grief

480591 $58.40

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

This video focuses on individuals' personal experiences of the death of a loved one. Seven people discuss the different circumstances of death and relate their reactions and feelings. The stories are told from the perspective of various ages, ethnic groups and genders. The individuals express their pain, reassess their values and relationships, and explain how they moved through the grief process to survive.

Cautions:

• This resource deals with death and dying.

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 1998 **Author(s):** Murray, E.

LRC Order No.: 467747 Est. Price: $11.70

Teaching for the Prevention of Fetal Alcohol Spectrum Disorder (FASD): Grades 1–12: A Resource for Teachers of Health and Life Skills, and Career and Life Management

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓	✓							

This resource attempts to raise awareness of the effects and characteristics of Fetal Alcohol Spectrum Disorder (FASD) through learning activities that teachers can incorporate into the Health and Life Skills and Career and Life Management programs. It provides strategies, activities and student information sheets focusing on the prevention of alcohol use and abuse during pregnancy. A handout for community resource people offers tips for working with students, and outlines the specific goals and learning outcomes for the health program.

© 2002 **Author(s):** Alberta Learning

Teen Awareness / Sexual Harassment: What Is It and What to Do (Revised) (Video and Teacher's Guide)

LRC Order No.: 455172 Est. Price: $70.10

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
	✓		✓					

This program presents three scenarios that illustrate different ways harassment can take place. A group of students discuss sexual harassment within the school environment and appropriate ways to deal with different types of harassment. The resource also includes suggested ways of incorporating the video into lesson planning.

Comments:

- This resource could be used to help teens recognize harassing behaviour, or as a starting point for discussion of other related issues (e.g., assertiveness).

Cautions:

- This resource supports human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 1999

LRC Order No.: 514506 Est. Price: $29.20

Teen Sex: Reality Strikes Back

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
	✓							

This resource explores a variety of myths regarding teen sex. Dr. Stephen Genuis presents medical information on sexually transmitted diseases and adolescent sexuality, examines different lifestyle options, and emphasizes responsible decision making. The video uses popular music, dramatic re-enactments, and an interview with a young woman who has HIV to encourage students to pursue a healthy lifestyle.

Cautions:

- This resource supports human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 2002

Tough Guise (Video)

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres
BPN 20313-01

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
	✓		✓					

This video examines the relationship between images of popular culture and the social construction of masculine identities. The resource focuses on the connection between "being a man" and "being violent." The video is divided into two parts: understanding violent masculinity and violent masculinity in action.

Cautions:

- This resource contains controversial language and scenes depicting violence.
- This resource supports human sexuality outcomes.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

LRC Order No.: Est. Price:

• **Trade Up! Careers in Construction: What's in the Construction Industry for Me?** (Windows / Macintosh Version CD-ROM)

• **Trade Up! Careers in Construction: What's in the Construction Industry for Me? Teacher Guide**

Support Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓		✓

The *Trade Up!* CD-ROM was developed to help youth discover, explore and more fully understand careers and career paths in the four sectors of the construction industry: commercial, industrial, residential and road building. Trades, designated occupations and learn-on-the-job occupations are featured. The resource uses age-appropriate music and design to engage students. The teacher guide contains information about how to use the CD-ROM, curriculum connections, career and apprenticeship pathways, and FAQ's about careers in construction. It also provides handouts and activities to help students plan their careers and build portfolios.

Comments:

• The *Trade Up!* materials can support the career exploration components in many educational programs.

Cautions:

• Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

© 2000

Alberta Home Builders' Association; 205, 10544 114 Street NW, EDMONTON AB T5H 3J7
Telephone: 780–424–5890

LRC Order No.: Est. Price:

User Friendly Budgeting — 483925 — $150.80

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓	✓			

This American video introduces young people to issues in real-world financial planning. The video tells the story of a recent college graduate who must learn to manage her salary, pay bills and save for the future. The resource outlines how to set financial goals, conduct a self-audit of spending habits, develop a personal budget, and organize financial records. It also covers methods and strategies of saving money to cover emergency costs and reach financial goals. A teacher's guide is included.

Comments:

• This program has American content. Teachers may wish to provide Canadian examples.

© 1998

• Venturing Out (Student Resource) — 467531 — $20.95
• Venturing Out: Teacher Resource — 467549 — $64.90

LifeChoices Series

Basic / Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓	✓			

This Canadian resource explores issues surrounding the management of personal resources. Articles focus on financial planning, consumer choices and skills for independent living. Topics such as goal setting, banking, saving and investment, credit use and misuse, and insurance are investigated. Marketplace skills are presented, and the changing nature of the marketplace is discussed. The text's use of variety, and the inclusion of cartoons, graphs and charts, may help to maintain students' interest. The user-friendly teacher resource provides background information and numerous related teaching and learning activities to accompany the student text. Blackline masters and a glossary of terms are also included in the guide.

© 1997 / 2002 **Author(s):** Campbell, J.

LRC Order No.: 359308 Est. Price: $0.00

LRC (Available Free of Charge)

Volunteering: How to Build Your Career by Helping Others

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

This book describes the benefits that volunteering offers young people as a career-building strategy for gaining experience, adding new skills, making contacts and researching ideas. It contains practical information and tips on how to decide what kind of volunteer position to look for and how to find it; how to prepare for an interview; how to balance volunteering with job hunting; and how to un-volunteer if the experience does not meet expectations.

© 1998

- **Volunteering Works! Be Part of Shaping Your Future**
- **Volunteering Works! Volunteering Shapes Futures... Like Yours (Poster)**
- **Volunteering Works! A Parent's Guide to Youth Volunteering**
- **Volunteering Works! A Facilitator's Guide to Youth Volunteering**

Support / Authorized Teaching Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓	✓	✓

Volunteering Works! is a series of materials dealing with the benefits of volunteering and how to get involved. *Be Part of Shaping Your Future* discusses personal and career-building reasons why students should volunteer, provides information and activities on managing volunteer experience, and outlines specific ways to use volunteer experience to build a résumé and portfolio. The resource includes numerous worksheets for students to use. The poster depicts four culturally-diverse people of both genders with the caption: "Volunteering Shapes Futures Like Yours." The parent's guide offers advice on being an active part of a child's volunteer experience. It provides parents with information on how volunteering can help their children, where to look for volunteer positions, the volunteer screening process, and ways to volunteer as a family. The facilitator's guide provides teachers and other leaders with a broad spectrum of easy-to-use activities, a list of other resources, and information on supporting community-based volunteer opportunities.

© 1999

Volunteer Canada / Bénévoles Canada; 430 Gilmour Street, OTTAWA ON K2P 0R8

Telephone: 800–670–0401; 613–231–4371

LRC Order No.: Est. Price:

Wellness: A Question of Balance: Teaching Kit

Out-of-Print

Authorized Teaching Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓		✓	✓					

Wellness: A Question of Balance is a teaching kit based on the Wellness Wheel model. The resource contains practical lesson plans and uses a broad spectrum of strategies to influence healthy lifestyle decision making. The kit also provides additional materials that can be used to enhance the lessons in the manual (blackline masters, poems, charts, etc.). Several assessment strategies are also included. The resource is current, Canadian developed, and includes Aboriginal material.

Cautions:

- This resource contains references to death.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 2000 **Author(s):** Morrison, M.; Bristow, S.

What's Next? Planning and Financing Your Post-Secondary Education

Vendor Direct

Support Resource

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓	✓	✓		

This brief booklet provides information on planning and options for financing post-secondary education. The resource is current and Alberta produced. The reading level of the resource is appropriate for most high school students.

© 2001

Alberta Learning, Learner Assistance; 9th Floor, Sterling Place, 9940–106 Street, EDMONTON AB T5K 2V1

Telephone: 780–427–9697

LRC Order No.: Est. Price:

Wheels

You, Me & the Kids: The Teen Years Series

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-03

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

This video is part of an award-winning series that focuses on family issues using a combination of drama and documentary. Each episode pursues a single topic, while the drama of a newly blended family continues to unfold. The dramatic story lines are contrasted with or paralleled by the documentary segments. In *Wheels*, parents grapple with the moment they hand over the car keys to their teenaged children. This program includes interviews with teenagers and their parents as they discuss this issue.

Comments:

• Other titles in this series authorized for Career and Life Management include: *Living with Alcohol*; *Money Management*; *Out in the World*; *Rave On*; *Suicide*; *Suicide Prevention*; *When the Talking Stops*.

When I Say Stop, I Mean Stop!

Real People Series

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 2060001

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
	✓							

This 25-minute video features teens, experts and educators who offer practical and specific advice on handling sexual harassment and pressure to be sexually active.

Comments:

• These issues are addressed with a multicultural perspective in mind; however, there is no portrayal of Aboriginal people.

Cautions:

• This resource supports human sexuality outcomes.

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 1999

LRC Order No.: Est. Price:

When the Talking Stops

You, Me & the Kids: The Teen Years Series

Support Resource

ACCESS–The Education Station / Regional Resource and Urban Media Centres
BPN 20306-51

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓			✓					

This video is part of an award-winning series that focuses on family issues using a combination of drama and documentary. Each episode pursues a single topic, while the drama of a newly blended family continues to unfold. The dramatic story lines are contrasted with or paralleled by the documentary segments. In *When the Talking Stops*, parents and teens work through various ways to resolve conflicts. Examples of conflict resolution are demonstrated and discussed.

Comments:

• Other titles in this series authorized for Career and Life Management include: *Living with Alcohol*; *Money Management*; *Out in the World*; *Rave On*; *Suicide*; *Suicide Prevention*; *Wheels*.

X-TREME SAFETY: Survival Tips for Rookies in the Workplace

454992 $0.00

Support Resource

LRC (Available Free of Charge)

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
✓							✓	

X-TREME SAFETY is a student friendly resource intended to make students aware of safety on the work site. The resource helps students identify safe and unsafe working conditions, understand the importance of safety orientation and training, and develop the communication skills to discuss safety issues with a supervisor or employer. In addition, the resource will help students learn about their rights and responsibilities, and other resources available to them.

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Part II: Annotated Bibliography (alphabetical listing)

LRC Order No.: Est. Price:

You, Me & the Kids: The Teen Years Series

- **Living with Alcohol**
- **Money Management**
- **Out in the World**
- **Rave On**
- **Suicide**
- **Suicide Prevention**
- **Wheels**
- **When the Talking Stops**

Support Resources

ACCESS–The Education Station / Regional Resource and Urban Media Centres

Note: Please refer to each individual title for annotation information.

© Alberta Learning, Alberta, Canada

LRC Order No.: Est. Price:

Your Best Bet: When Young People Gamble: An Early Intervention Resource

Authorized Teaching Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
				✓				

This current Canadian resource contains background information and student activities on gambling and issues related to gambling. The purpose of this resource is to assist in educating adolescents about various gambling behaviours and the risks of gambling, allowing them to make more informed personal choices.

Cautions:

• Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

© 2001

AADAC Resource Development and Marketing; Suite 200–Pacific Plaza, 10909 Jasper Avenue, EDMONTON AB T5J 3M9

Telephone: 780–422–2794

Youth Outlooks: Your Window on the World of Work (National Edition)

Authorized Teaching Resource

Vendor Direct

Personal Choices				Resource Choices		Career and Life Choices		
Healthy Life Management & Wellness	Human Sexuality & Relationships	Lifelong Learning	Dimensions of the Human Person	Resources and Consumer Strategies	Skills for Independent Living	Career Planning	Employment Skills	Career Directions & Portfolios
						✓		✓

This kit, developed by Human Resources Development Canada, deals with using national labour market information to assist in planning a career. The kit includes the *Get a Life* video, four labour market information (LMI) charts, and five LMI booklets. The video includes interviews with young working Canadians about the importance of labour market information in making educational and career decisions. The booklets present a comparative overview of five educational routes and their labour market outcomes. The set of wall charts complement the booklets.

Human Resources Development Canada (HRDC) / Développement des ressources humaines Canada (DRHC);
Phase IV–1401 promenade du Portage, HULL QC K1A 0J9

Telephone: 800–935–5555

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ALBERTA ANNOTATED BIBLIOGRAPHY

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CAREER AND LIFE MANAGEMENT

January 2004

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People, Skills and Workplace Resources, Alberta Human Resources and Employment (AHRE)
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Internet: http://www.volunteer.ca/